

Health Tips for seniors

Do you have high blood pressure?

Definition

- Higher than normal pressure of the blood against blood vessel walls
- Systolic pressure = 140 mmHg (when heart is pumping)
- Diastolic pressure = 90 mmHg (when heart is relaxing)

Recommendations

- Consume less than 2400 mg of sodium per day or less than 6 grams of salt per day
- Lose weight if overweight
- Limit the number of alcoholic drinks you consume
 - *Women:* 1 or less per day; *Men:* 2 or less per day
- Exercise
 - Inquire about our free latex-band resistance exercise program
- Eat potassium-rich foods like bananas, broccoli, potatoes & peanuts
- Eat calcium-rich and magnesium-rich foods like dairy products & soybeans
- Stop smoking
- Eat foods with low amounts of saturated fat & cholesterol
- Eat lots of fruits & vegetables (8 to 10 servings)